

BREAKFAST IN BED COOKIES



INGREDIENTS:

- 2 Scoops GLAM PRO Breakfast in Bed protein powder
- 4 oz apple, diced
- 1 1/2 cups oats (dry)
- 1/2 cup unsweetened applesauce
- 1/4 cup egg whites
- 1 whole egg
- 1 oz chopped pecans, walnuts, or seeds
- 1 Tbsp nut or seed butter, melted
- 1 Tbsp cinnamon
- 1/2 tsp sea salt

DIRECTIONS:

- 1) Preheat oven to 350°F
- 2) Line a baking sheet with parchment paper
- 3) Add all ingredients to a large bowl and mix well
- 4) Scoop out heaping tablespoon scoops and place onto the baking sheet. Divide into 16 cookies
- 5) Press down on each to form a cookie shape
- 6) Bake for about 10 minutes, or until cookies are set

Enjoy!

Makes 16 Cookies

Calories Per Cookie 70 | Protein: 4.5 gm | Carbs: 7.5 gm | Fat: 2.5 gm